



TOPPING BOX OFFICE

Epic action film '300' slaughters competition in opening week.
page 9

SHU IDOL CROWNED

Freshman singing sensation becomes the 2007 SHUper-star.
page 9



March 22, 2007
Volume 25 Issue 19

The SPECTRUM

SHU's News Source Since 1983

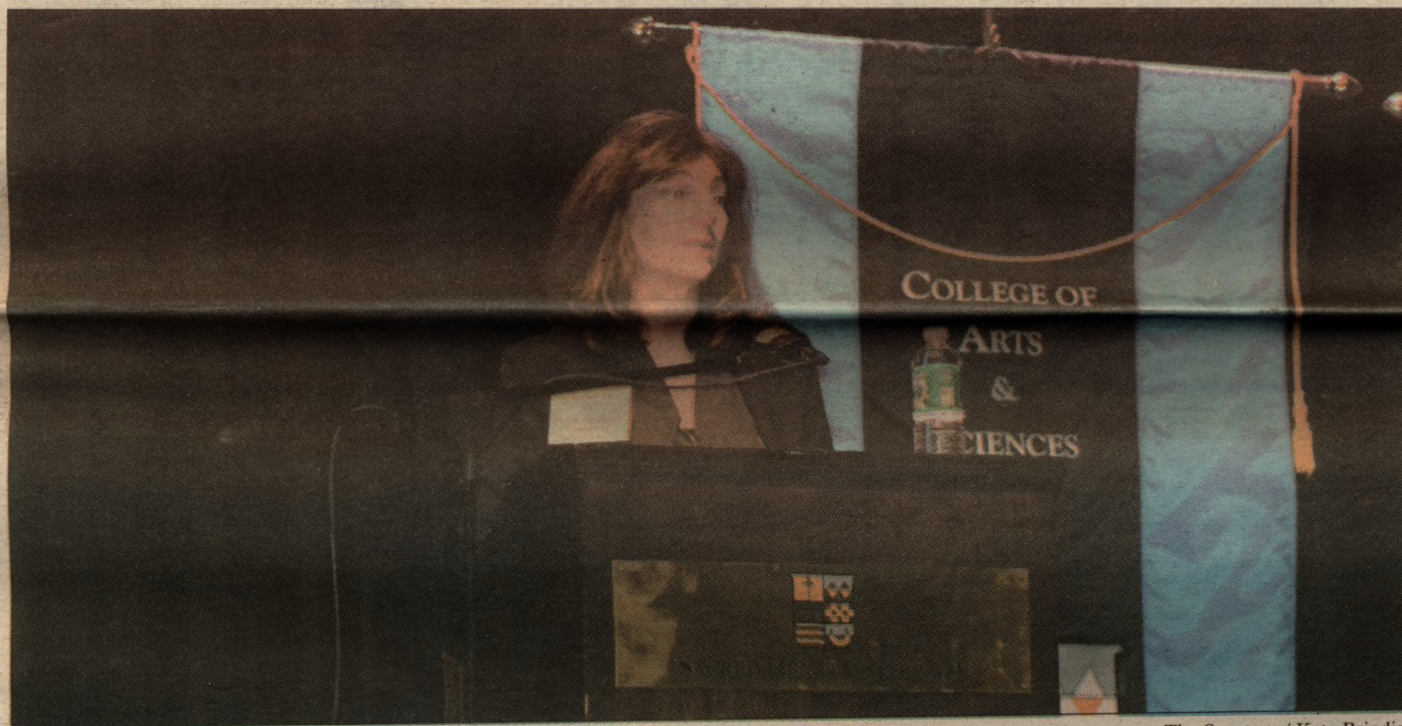
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On Campus Action Issue

Laying the smackdown on your career WWE recruits students to be their corporate 'superstars'



The Spectrum/ Kate Brindisi

Executive VP of Consumer Products at WWE, Donna Goldsmith expressed that hard work and perseverance do pay off.

Erika Sawyer
Staff Reporter

World Wrestling Entertainment [WWE] took center stage on Tuesday.

Their motive: to bring students "ring-side" to the inner workings of the international corporation.

Guest Speaker and Executive Vice

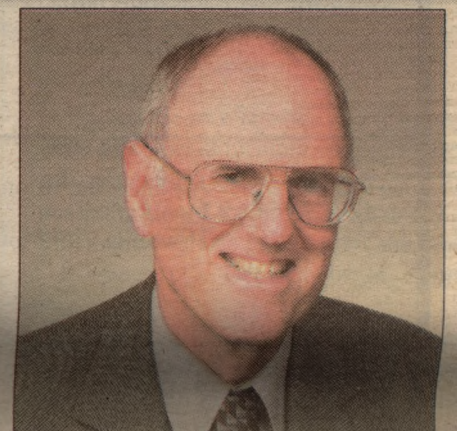
President of Consumer Products at WWE, Donna Goldsmith, gave students the inside scoop on the renowned wrestling federation.

A large portion of the crowd was comprised of Media Studies, Marketing and Art majors who filled the Edgerton Center for Performing Arts to nearly half its capacity.

Students seemed particularly responsive to Goldsmith's enthusiastic introduction to the company which specializes in live and televised entertainment.

"As a media studies major it was interesting to hear how the representative started out and what their backgrounds were before working for WWE," said

See BEING on page 5...



Contributed Photo

Internationally known

U.S. Ambassador visits; addresses war and world

Britany Price
Staff Reporter

Say hello to David Dunford.

Dunford is a U.S. Ambassador and retired Foreign Service Officer who worked as a ministerial liaison in Iraq to the Ministry of Foreign Affairs. He has come to campus to speak about how we should think about the Middle East conflicts that are occurring.

Dunford has been on campus for the week as a Woodrow Wilson Visiting Fellow. The Woodrow Wilson Visiting Fellow program brings prominent professionals to campuses across the U.S.

See DUNFORD on page 3...

Sacred Heart 4-Day Forecast

Thursday



Breezy with times of clouds and sun

High: 48°

Thursday night



Partly cloudy with a shower late

Low: 42°

Friday



Clouds break for sun, a shower possible

▲ 52° ▼ 44°

Saturday



Intervals of clouds and sunshine

▲ 51° ▼ 42°

Sunday



Partly sunny

▲ 49° ▼ 39°

Forecasts and graphics provided by AccuWeather, Inc. ©2007

See page 2 for Saturday Forecast

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The Campus Corner

The

'Heart' Beat

SHU's exclusive safety & crime report

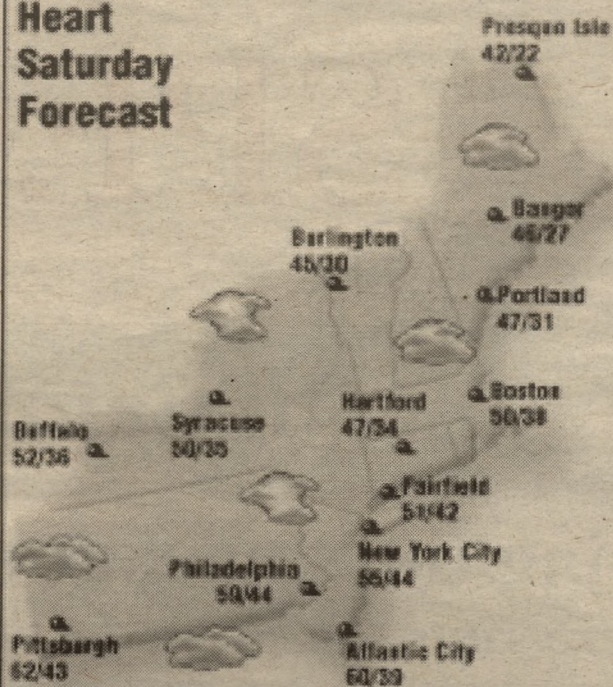
Date Time	Location	Incident	Description
3/19/07 10:19 p.m.	Student Concern	Angelo Roncalli Hall	A resident reported her roommate's ex-boyfriend on campus.
3/19/07 2:13 a.m.	Alcohol Violation Paraphernalia Fire Safety	Thomas Aquinas	Alcohol, paraphernalia, and fireworks were found during a room search.
3/19/07 1:42 a.m.	Alcohol Violation Fire Safety Housing Violation	Main Academic Building	Alcohol and a discharged fire extinguisher were found during a room search.
3/16/07 12:38 p.m.	Harassment	South Parking Lot	A resident reported she was being harassed by a visitor.

contributed by Public Safety

Check out more news articles online @
SacredHeartSpectrum.com

Sacred Heart Saturday Forecast

AccuWeather.com



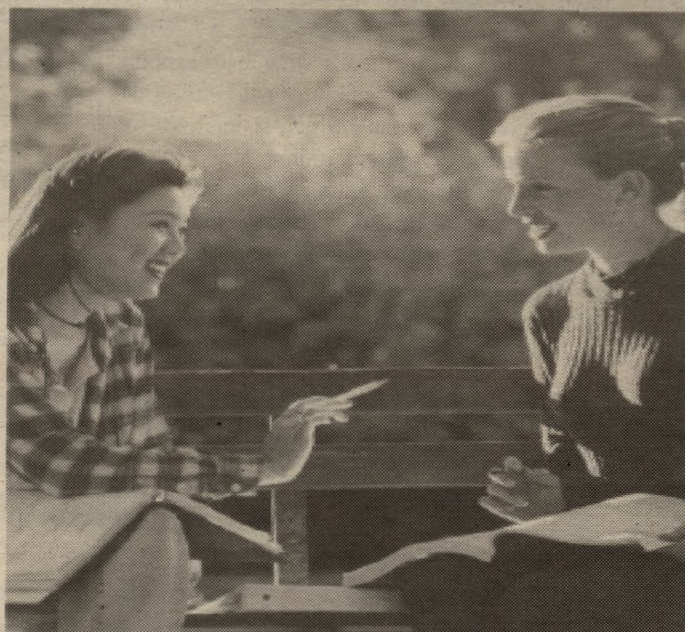
Forecasts and graphics provided by AccuWeather, Inc. ©2007

Issues in campus? Exciting events?
Persistent problems?
Notice anything newsworthy?

If so, please contact
News Editor *Brittany Raine* at
raineb@sacredheart.edu

OUR TOP 10 GRADUATE MAJORS:

MBA
Physician Assistant
Interactive Communications
Teaching
Biomedical Sciences
Molecular/Cell Biology
Journalism
Nursing
Accounting
Computer Information Systems



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QUINNIPIAC UNIVERSITY

Hamden, Connecticut

Ambassador hosts Middle East round table

The four-year anniversary of the war in Iraq is not the only issue

Laura Scaglione
Staff Reporter

On Monday afternoon the Middle Eastern Studies program held a round table discussion on Islam and the State.

Professor June Anne Greeley, Director of CCTEC, opened up the discussion by giving some brief background information on the guest speaker, Ambassador David Dunford. Along with the Ambassador, Professor Matthew Semel of the Criminal Justice department presented us with a slideshow of significant images from the Middle East. Instead of the ordinary run of the mill structured student teacher lecture this was a more relaxed discussion.

Marybeth Ingram, sophomore, Huntington, N.Y. said, she attended the discussion for her history class but as the discussion developed she found the ambassador to be very sophisticated when he explained things.

"I thought the photos that Professor Semel showed went hand in hand with the Ambassador's talk, overall I left learning something new," said Ingram.

After Professor Greeley's introduction Professor Matthew Semel presented some slides while he discussed what he

called the "ground zero" of the Middle East. He was referring to the city of Jerusalem, which is a very important land for both the Jewish and Islamic people. In a few of the slides was the "Dome of the Rock" which is located in the center of the city.

Inside this dome is a large rock, which is supposedly the rock where Abraham almost offered his son up to God, and where the prophet Muhammad ascended up to heaven. He also included pictures of the famous Al-Aqsa mosque, the western wall, and a picture from the 1967 six day war depicting how the emotions of some Israeli soldiers.

All week long Ambassador Dunford will be sitting in on classes and sharing his knowledge on the Arab-Israeli conflict and Middle Eastern issues.

Ambassador Dunford interacted with the small audience by asking questions like "What is an Arab?" and "What is an Israeli?" He clarified the difference because this is something that is most often most confused.

"The city of Jerusalem is a symbolic 34 acre piece of land that is infused with history and that is a reasonable part of the Arab-Israeli conflict but not the entire

cause," said Dunford.

Dunford broke it down into two nations, a Jewish one and an Arab one, fighting over a piece of land. He also included that the conflict involves religion and ethnicity as well. Dunford explained that this is a concern for the United States.

"It comes down to the fact that 2/3 of the world's supply of oil is right there, SHU's campus alone is packed with cars. Americans are addicted to oil and this area where the disputing is taking place is extremely fertile," said Dunford.

Even though the room was not standing room only the round table discussion was productive.

Students like Laura Antonucci, freshman, Harrison, N.Y., didn't know what to expect going in but understood more by the time she walked out.

"I liked the fact that the ambassador didn't come off to be pompous," said professor Greeley.

"I wanted it to be on a personal level. The fact that a man like the ambassador is available to the SHU community is a pleasure because you get an objective a view as possible. The issue in itself is so complex."

Dunford makes an impact; shares unique insight

...CONTINUED FROM PAGE 1

for five days of teaching and dialogue. Dunford has had a week long residential program of discussions, workshops and classes and will share his personal experiences and expertise with students Thursday for his lecture in the Edgerton Center.

Dunford an adjunct instructor at the University of Arizona where he teaches courses on the Arab-Israeli Conflict and the Middle East Business Environment explained that Iraq has a national identity issue. "Security is, was and will be the issue in Iraq," said Dunford.

Dunford believes that the process has gone backward and thus has created fear and insecurities. We will create an "international chess piece if Iraq is split up," said Dunford.

Mistakes have been made Dunford says. "If we leave, there will not be much difference there will still be violence and chaos."

Dunford believes that attacking Iraq is a huge mistake. "Iraq didn't attack us Afghanistan did." He believes this is because Al Qaeda had no links with Iraq. "It [Iraq] wasn't a ground for insurgent movements, but now it is."

The Middle East policy was originally created as a form of democracy that will breed in the Middle East said Dunford. Yet according to Dunford "the Middle East policy is failing at a time when how we are thought of in the Middle East is important."



AP Photo/ Lauren Frayer

U.S. Army soldiers rest as they wait to arrive at Base Warhorse in Baqouba, Iraq.

Students like Nick Lipeika, sophomore, Litchfield, believe that the prices we, as American's pay is not worth what we have had to deal with. "This administration has only hurt us," said Lipeika.

"The price we are paying at the gas pump does not really reflect the price we are paying," said Dunford.

Kevin Pustelniak, freshman, Stockholm, N.J. agrees with Dunford that something must be done. "Our government is not doing its job and it's really just creating more democratic issues for us all."

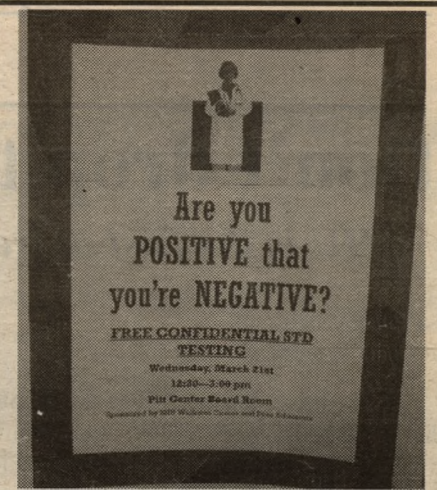
Dunford believes that the U.S. is suffering from a lack of legitimacy. And as a result "we need to do something more muscular."

"A large majority of the problems we have in the Middle East are due to a political agenda that most politicians and this administration has," said Ashley Amalfe, freshman, Clark, N.J.

Amalfe says she is planning to attend the lecture on Thursday to gain more insight about the problems facing the U.S. due to the conflicts in the Middle East.

"Anybody that knew anything about the Middle East knew it was doomed," said Dunford.

Ambassador Dunford will be discussing his ideas about the need for a sensible policy in the Middle East on Thursday evening in the Edgerton Center for Performing Arts.



The Spectrum/ Elyse Harrell

STD ridden? Check it out.

Have you been tested?

School hosts STD testing; wellness a top priority

Susan Patton
Staff Reporter

Sacred Heart's Health and Wellness Center and Peer Educators sponsored free confidential STD testing for students at the Pitt Center Board Room on Wednesday.

The testing was provided by the State of Connecticut's Department of Public Health.

According to the Center for Disease Control and Prevention (CDC), it is estimated that 19 million new infections occur each year with almost half of them occurring among young people between the ages of 15 and 24.

"Having the free STD testing is a good idea on campus because it helps students to be more safe and to be able to get tested in a more confidential manner," said Matt Miller, junior, Hillsborough, N.J.

Chlamydia is the most widely reported infectious disease in the nation. It is a bacterial infection that is usually asymptomatic and often undiagnosed. If left untreated in women, it can cause severe health consequences including pelvic inflammatory disease (PID), ectopic pregnancy, and infertility, according to CDC.

Free of charge medications for STD treatment was also offered to any students who tested positive.

Despite most students agreed that having STD testing on campus is a positive thing, many were also confused about it contradicting the standards of a Catholic school.

"Although testing for STD's is a really good program to have on campus, it strongly contradicts the Catholic rules and morals that are enforced on this campus," said Lizzy McDonough, senior, Rockville Centre, N.Y.

"I'm confused with the free testing on campus, even though I do believe it is a good thing, because from my understanding it is illegal at Sacred Heart to have condoms in your room and you can be written up if caught having sex," said Miller. "Yet, they are offering this testing. I think it's hypocritical."

Like Miller, Paul D'Agostino, junior, Eastchester, N.Y. said he would never expect STD testing in a school where it is illegal to have condoms in your dorm room.

"But I like the idea of the free testing on campus," said D'Agostino.

News

Don't drop these (45,000 pounds of) 'hot' potatoes

SHU is the first university in Conn. to fight hunger with a tractor trailer and 950 bags of 'spuds'

Ashley Stearns
Staff Reporter

It is hard to imagine there are people that go to bed hungry in the nation's third wealthiest county, but it is an epidemic Fairfield County faces.

As a result, Sacred Heart is reaching out as the first university in Connecticut to participate in a Potato Drop, a collaborative effort between institutions where 45,000 pounds of potatoes will be distributed to the needy.

The school is looking for volunteers to help out with the project.

"The goal of the project is to bring food to people who need it and dramatize the need by having a visual project that shows why there is a need for food in a wealthy county," said Phyllis Machledt, Director of Service Learning and Volunteer Programs and member of the Golden Hill Methodist Church.

She said she thought it would be a good idea to team up institutions to reach out to those less fortunate.

This event will distribute 45,000 pounds of potatoes to those in need from the area. North Lot will be filled with 900 50-pound bags of potatoes, which is equivalent to 135,000 servings of food.

According to the Society of St. Andrew, a Christian ministry whose main objective is to feed America's hungry, 36 million Americans go regularly without food. Thirteen million are children who have no food at all at least three days of the.

Fairfield County has many residents that fall into this category and the numbers continue to rise. The gap between the



Contributed Photo

The Spuds are here to fight hunger here in Connecticut.

Hungry for Facts?

- 36.3 million U.S. citizens (12% of the population) live below the poverty level
- 36.3 million American's are hungry or at risk of hunger.
- 13.3 million children under 18 years of age are hungry or at risk of hunger
- The food wasted annually in the U.S. is sufficient to feed 87 million people every year.

county's poor and wealthy is so large that there are still starving people in what is considered one of the nation's wealthiest counties.

This underprivileged population is

often malnourished and affects women, children, the unemployed, the working poor and the homeless.

"We are doing it to feed the hungry people in this area as well as raise the

communities' awareness to the fact about hunger in Fairfield County," said Meghan Polis, sophomore, East Patchogue, N.Y., one of the chairmen of the project.

The Potato Drop is a result of the collaborative effort of Sacred Heart, the Society of St. Andrew, Golden Hill Methodist Church and the Bridgeport Council of Churches.

In addition to the collaborations of these four, local churches, soup kitchens, and food pantries will volunteer. The aiding hands will include Kings' Pantry, Daughters of Charity, Merton Center and Hunger for Peace and others.

The distribution will take place on Friday, March 30, starting at 11 a.m. when the truck arrives with the potatoes. The plan is to have volunteers unload the trucks and even deliver to soup kitchens or food pantries where many are run by the elderly.

"After volunteering in El Salvador for Spring Break, I feel fortunate. People do not always appreciate the food they have everyday and it is important to make people aware of the struggle that others have to go through," said Rachel Dabek, sophomore, Stratford, who plans on volunteering at the event.

Sign-ups are on the bulletin board outside of the Service Learning Center and volunteers are needed. Volunteering includes publicizing and coordinating the event and unloading and delivering the potatoes.

"This event will allow us to do something out of the ordinary and highlight a serious issue," said Machledt.

The power of flowers: 'spring' into Daffodils Days

Yellow flowers purchased help raise money for the American Cancer Society

Leah Gallagher
Staff Reporter

A dedicated freshman takes the initiative and introduces a national fundraiser, aimed at aiding cancer patients, to the university community.

Sounds awesome, right?

The Daffodils Days fundraiser, which raises money for the American Cancer Society (ACS), takes place all over the country. This year at Sacred Heart, it was sponsored by Students in Free Enterprise (SIFE) through Brendan Beatty, freshman, Cape Cod, Mass., who is an active member of the SIFE organization.

SIFE is a business club that has chapters all over the world, said Beatty.

"The organization is approached with various projects throughout the year and I decided to head up this one," he said.

With the help of Phyllis Machledt, the Director of Service-Learning & Volunteer Programs, as well as fellow freshman Mark Galletta, Beatty was able to organize and execute the Daffodils sale fundraiser.

Students and faculty were asked to get involved by either purchasing one or all of the following items: a special edi-

tion bear made just for this year's Daffodil Days sale accompanied by a bouquet of ten fresh-cut daffodils at a cost of \$25 or a bouquet without the bear at \$7. The orders could also be delivered, with a message from the sender to anyone anywhere on campus.

People also had the option of giving a "Gift of Hope", which is a donation of at least \$20. Anyone who donated at least that much would have flowers sent on their behalf to an anonymous cancer patient.

The fundraiser was advertised through global e-mails to students and faculty

"I would consider this fundraiser to have been a success. We raised over \$500, which is over \$100 more than last year," said Beatty. "Any amount really would have been a success but I feel it went really well. We had over 30 people donate to the cause by buying flowers, or simply giving money."

After receiving and totaling all of the orders, Beatty and Galletta sent the order information and the money that was raised to the local ACS branch. All of the flowers were delivered by the two of them between March 19 and 21.

Beatty's motivation for getting



Contributed Photo

Daffodils not only help to raise money but are sure to brighten anyone's day.

involved in this particular project was his feeling that it is an extremely important cause.

Monica Veale, sophomore, Chatham N.J. and Zach Giglio, junior, Riverhead N.Y., said, "It reflects well on our university that students go out of their way to get involved in such important causes.

There is so much to get involved in

on campus and it is great that students are taking advantage of the opportunity to help others."

Veale said that she thinks what made this fundraiser so impressive was that a kid, Beatty, organized the whole thing himself and was able to make so much money for such a great cause.



The Spectrum/ Elyse Harrell

From the chapel to Big Red, Dr. Cernera talks about it all

Anne Dunne
Staff Reporter

With the upcoming chapel being built and talk about even more additions to our campus, President Cernera held the annual Fireside chat with Student Government about plans for what is to happen at the university.

Student Government President, Jim Daly began the meeting by asking President Cernera one of the students' biggest concerns about the new buildings. What the cost of the chapel is and why it came first.

Cernera said "when adding to the campus there are certain phases that have to first be approached."

The first is the development of the master plan. Cernera said, "The master plan is a framework for what we would like to do, but does not mean that it is the actual plan that will be followed through, this plan must be approved by the town of Fairfield."

"The plan for phase one of the building process that we developed is the chapel, the library and a new classroom."

So far the chapel is what has been definitely approved by the town of Fairfield as a project allowed to proceed with.

"The chapel was the first because we want to be serious about the Catholic identity of our campus. All great Catholic

Universities have a place of worship that has integrity, which is what our campus needs as well," said Cernera.

The cost of the chapel is looked at as being between 12.5 and 13 million dollars, 8.5 to 9 million dollars has been raised towards the building of the chapel.

When President Cernera was asked if he finds it difficult to work with the town of Fairfield in order to get the approval for building he needs, Cernera said, "You will never find an institution in any town that is gung ho for new buildings. It's never easy, and the arguments are always about traffic and density."

In addition to the chapel a new library is planned to be built where the current parking lot is to provide more learning/studying space for students. The first space will be an area for lots of group learning, the second space will be for one-on-one learning and the third space will be for individual study time and will also have a café.

With the library being built where the parking lot is another major concern was the issue of parking.

"We have come up with both a short term and long term answer for that. The short term is that the college of education and health will be moved off campus to a building which will free up 250-270 parking spaces on campus," said Cernera.

The building where the education and health classrooms will be moved to will provide 230 parking spaces, public safety, a cafeteria and the Office of the Dean.

Another question asked by the student government was about the plans for housing and the Jewish Community Center.

"We need another residence hall desperately. The Jewish home is right smack in the middle of campus; if they were interested in selling we would be very interested in buying. At this time it is not an option but if it was we would like it but it is not for sale yet and there would be a lot of competition getting it," Cernera said.

President Cernera also commented on the rumors going around about housing not being guaranteed anymore, "Housing is still guaranteed but you won't be guaranteed the housing that you want. Not guaranteed housing is just a rumor, we will always guarantee housing."

Also brought up was the fact that so many upperclassmen are beginning to live off campus and that if maybe upperclassmen housing were in better condition than more upperclassmen would stay on campus.

Dean Wielk said that there has been talk about work being done on Park Ridge and also mentioned more on the one card system.

"Laundry was just added onto the cards [student identification cards] in the beginning of the 2006-2007 school year."

"We are looking to include a SHU cash account that will be able to use around campus and also be able to add cash to your card from the ATM machine without having to go to student accounts. Next January we are hoping to expand to off campus places," said Wielk.

When Daly asked Cernera about his thoughts on Big Red, Cernera said, "If you're happy, I'm happy. You worked hard on it and I support what you did. I am delighted that you put energy and attention into bringing Big Red forward."

The last topic was what students' tuition money goes to on campus. Cernera broke this down into 4 different categories; 44% goes to construction, such as classrooms, lamps, laptops; 11% goes to academic support such as the library; 23% goes to student services, financial aid, and health services and the last 22% goes to institutional support such as public safety.

President Cernera encouraged the Student Government to help motivate the students to get more involved and said, "What you have here because you are leaders is an invaluable experience. I am convinced you can get one of the best educations by being involved and taking advantage of what we have to offer."

Being a champion in the workplace is a goal at WWE

...CONTINUED FROM PAGE 1

Matt Brucato, senior, Westport.

Through integrated media, the WWE has a number of enterprises ranging from pay-per-view specials and feature films to video games and action figures.

Feature films include *See no Evil* a horror flick featuring the notorious wrestler Kane, *The Marine* starring John Cena, and *The Condemned* starring "Stone Cold" Steve Austin, which will hit theaters soon.

Goldsmith announced the company's recent expansion to Europe and other countries. She explained that the company's key initiative is to be a growing and expanding global corporation.

"It's all about the superstars," said Goldsmith. "The industry of sports entertainment is as much about the celebrity personalities as it is about the action."

"What we do is develop a story around a superstar, which is why some have called it 'a soap opera for guys.'"

Although Goldsmith explained that the company has a growing female fan-base, the demographic is comprised of men ages 15-35.

But apart from the company's fan-base, the WWE is one of the most successful franchises in the entertainment and



The Spectrum/ Kate Brindisi

Small groups gave the speakers a chance to explain job opportunities at WWE with its surrounding community and social welfare.

Goldsmith said, "at a typical event, the WWE makes an average of eleven dollars per cap [per person] while professional sports teams make about three."

"Not to mention some of the more unexpected business ventures like about twenty published books that have made the best sellers lists, and John Cena's rap album that recently went gold overseas."

Many students like Mike Harnois, junior, Mass., we're surprised to learn about the WWE's array of marketing successes.

"It was interesting to see how large a reach a company like WWE has when all along I thought they were just about wrestling," said Harnois.

Aside from being a successful corporation, the WWE is also concerned

WWE has several programs that aim to give back to the community.

"There is an in school program called Get Real in which superstars bring positive messages to kids about respect, education and leadership," said Goldsmith.

Other community-based programs include Smack Down Your Vote, which encourages young people to vote in local and presidential elections.

The WWE also does a tour in both Iraq and Afghanistan, in which superstars put on a special event for American troops overseas.

The WWE is also involved with the American Cancer Society and the Make-a-Wish Foundation.

Goldsmith shared her professional

experience with students who are looking to pursue a career in marketing, public relations.

Students, like Harnois, responded positively to Goldsmith's story. She started out as a secretary and worked her way up to assistant product manager for Revlon. From there, Goldsmith moved onto the Swatch Watch Company then the NBA and now is proud to be a part of the WWE.

"As a huge WWE fan and follower, I appreciate the opportunity WWE has provided for SHU students," said Brucato. "We [students] are now able to get a foot in the door with such a successful and well-rounded company as WWE."

Interactive lectures followed throughout the day where students could ask questions, learn about WWE policies and different genres of work within the company and hand recruiters their resumes.

The WWE's Career Action Day both surprised students and made an impact on the campus community.

Whether you worship Triple H, love the Diva's, like the WWE action figures, or admire the talent of the wrestlers, WWE is more than what meets the eye (and the mat).

Perspectives

The life of off-campus living

Katie Carroll
Staff Reporter

Most Sacred Heart University students are aware that the lottery process for housing next year has arrived.

E-mails are sent out around campus and the debate for living on or off campus begins.

"There are benefits of living off campus because you only live with the kids that you're really close to. It's really nice having people come and go whenever they want instead of signing them in," said Joe Mish, junior, Monroe.

"We don't have to obey as many rules and when you live of campus it makes you feel more grown up then living in a dorm.

"The reason we live off campus as juniors is that we were tired of getting written up and having to make guests show their ID's to get in. There's even a rule that people of the opposite sex can't be in the same dorm room past a certain time.

"I love my house, but living in the dorms freshman and sophomore year was still the best. The dorms were a lot of fun and there were always tons of people around to do things with.

"However, when junior year came around my roommates and I wanted a change. Everyone's a little older and we don't want to deal with the rules and problems that you have deal with when you live on campus," said Mish.

Living off campus provides good prac-

tice for learning to be responsible by taking care of bills and keeping your house or apartment clean and in order. The experience of living in the dorms freshman and sophomore year is, however, a great way to make new friends.

"You have more independence living off campus, this is the first time I've had my own room since I've come to college and it feels good to be able to have your own space," said Dan Attivissimo, junior, Centerport, N.Y.

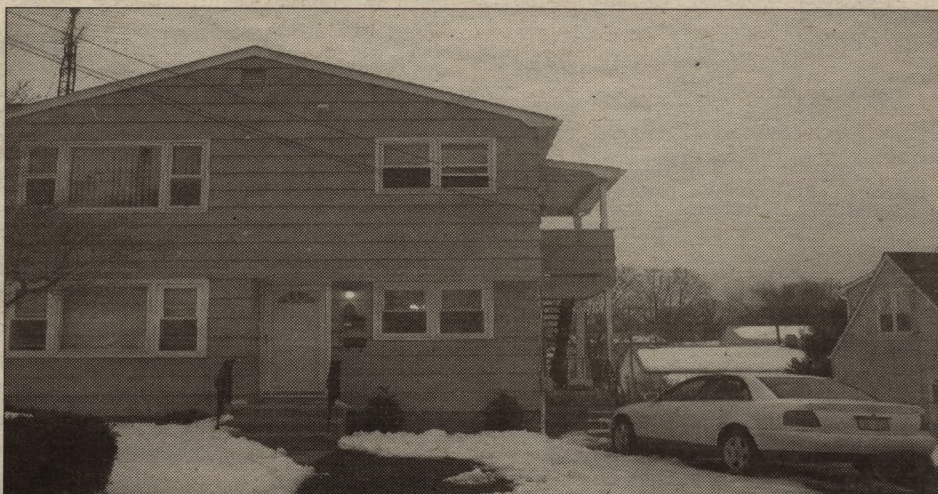
"There is also the plus of sharing a fridge with 6 guys rather then sharing it with twelve when we lived in North. There are a lot more freedoms of living off campus and a feeling of independence.

"Another thing is I don't have to worry about twenty-four hours of silence during finals week. There are no 3 a.m fire alarms because someone upstairs felt like micro-waving popcorn for eleven minutes. When our fire detector goes off we just take it off the wall.

"The area where we live is right off of main street and having the convenience of a McDonalds and Stop 'n Shop right by us makes late night runs a lot easier," said Attivissimo.

There are many benefits of living off campus, although living on your own can be expensive with the costs of gas, food shopping, and utilities. The amount of freedoms that come from living off campus far out weighs the small inconveniences that comes with it.

There is also less drama when you live



The Spectrum/ Kathleen Schultz

More space and a guaranteed parking spot are incentives for off campus living.

off campus to deal with. It is a nice feeling to not stress about issues with people on your floor.

"There are several things that I like about living off campus including not sharing a room, not getting written up and having more freedom," said Derek Evans, junior, Mass.

"As for the lottery process that Sacred Heart University uses I think it's the only fair way to deal with the situation. I am just happy that I don't have to go through that entire process again.

"The price, it is about the same to live on campus, I get to make my own meals and I don't have to share a bathroom with ten other guys," said Evans.

Less rules to abide by and having the

opportunity to not have to get a meal card is a definite plus of not living on campus. You learn the responsibilities of how to food shop and the daily chores that come with having a house.

"I think it's a great learning experience and I have found that it has definitely been cheaper living off campus rather than on. The rent for my twelve month lease comes out to be much less than what I would have paid living in the dorms," said Mike Leopoldi, junior, Brooklyn, N.Y.

"The only thing that you have to be aware of are eviction notices. We're kind of going through that right now. Make sure when you move off campus your neighbors like you," said Attivissimo.

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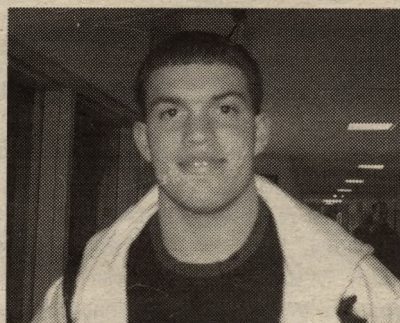
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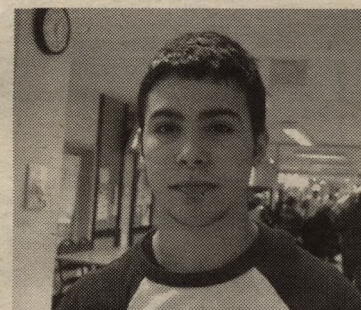
"Blackballoon."



James Pastor
Sophomore, Port Jefferson, NY

"Iris. No, Blackballoon."

What is your favorite Goo Goo Dolls song?



George Miata
Freshman, Ryebrook, NY

"I like Iris."



Heather Ging
Freshman Ocean, NJ

"Slide is definitely my favorite song by them."

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How to room with your roommates

Rachel Maresca
Staff Reporter

The housing lottery here at Sacred Heart University seems to be a lottery that is just impossible to win. Even if you're fortunate enough to get a low lottery number, are you really winning something?

As freshman we are all placed into the dorms, surrounded by strangers. There isn't much you can do about that because that's just how college works. So which "room" you actually get assigned to or more importantly which "roommate" your assigned to, is where you have to keep your fingers crossed.

Unfortunately, it seems that the grass isn't always greener on the other side in these situations. The people across from you may have a bigger room or the students down the hall are closer to the personal bathroom, and maybe your neighbors seem to be getting along better than you are with your roommate.

There are certain rules when you are living in close quarters with someone. You are no longer alone in your bedroom and certain habits you may have are now reflected on someone else. Things like sleeping patterns, study habits, how long you talk on the phone, and what kind of friends you hang out with.

There are lots of horror stories when it comes to roommates. For instance, who hasn't heard of that one roommate who steals everyone's clothes, and other belongings.

That's the problem with meeting strangers, you never know exactly who you're living with, even if you think you are "friends" with that person. The simple answer would be, if possible to just live

with someone you know from high school. However, that usually doesn't seem to work out well either.

"I think it's a bad idea to live with a friend freshman year because it limits your opportunities to meet new people because you begin to just rely on that one person," said Ashley Lupinacci, junior, Manorville, N.Y.

When you make the choice to live with someone that you know from home, you are playing it safe. However, you are losing out on an experience of meeting new people and making new best friends.

"When I think about freshman year I'm really glad I chose to live with random people. I was assigned to a triple and at first I was mad that I was going to have to live with two girls instead of just one, but I lucked out in the end. The two girls ended up being two of my best friends and I currently still live with them," said Jackie Ferraro, junior, Coram, N.Y.

Freshman year is just the beginning of learning how to live with people. As a sophomore it's learning how to live with eleven people. It becomes very difficult to constantly get along with a large group of boys or girls. As juniors and seniors you really find out whom you can live with and whom you cannot.

"Students should pick someone they can see themselves being able to live with for the rest of college, not just someone they have fun with," said Lupinacci.

There are plenty of awful stories about how roommates don't get along, they very well may steal your things without asking, make noise when you trying to sleep, turn their problems in to your problems, or leave the room a mess, but they just may turn out to be your very best friend.

He Said/ She Said...

How to get over a broken heart

Rob Roy
He said



Everyone will deal with heartbreak at one point in their lives. It can range from a lost eighth grade love, to a college break-up to a divorce at thirty-five years old.

In every case people deal with this emotional challenge in their own way. Sometimes, a good weekend of partying can mend your broken heart or in some cases people are hurt for months before they can think straight again.

Most readers of the Spectrum aren't thirty-five and dealing with divorce and the majority of them have moved on from their high school sweethearts. Therefore, how does a typical college student deal with losing their boyfriend or girlfriend during their college years?

Personally, many people put too much emphasis on the meaning of a break-up. Many college break-ups occur because of immaturity. Both people are young and their lives are just beginning. If you are the victim of a break-up and your heart is broken, find solace in your friends. The person who broke up with you probably wasn't worth the minutes you spent on the phone. Don't let the break up take any more time out of your life. Instead, find someone who is worth your time and move on.

Dana Disaster
She said



Relationships come and go, but when all is said and done, someone is left heart-broken. Let's not forget how horrible and painful the break-up probably was, but what do you do once you're newly single and nursing a broken heart?

Cry. I'm not going to sugar coat this, I have plenty of permanently stained pillows from runny mascara and nights full of tears. Yeah, you might think it's the pansy thing to do, but you feel better afterwards. Yes, you might wake up with swollen eyes and a headache, but its nothing more than if you watched "the Notebook" again.

Throw out everything. Even though you might be really attached to that build-a-bear you made together get rid of it. When memories of the good times become stale, it's time to buy your self some partying gifts. Retail therapy, it's called that for a reason.

Give yourself time. Depending on the severity of your broken heart, you may want to wait until you move on and try to meet someone else.

Or, rebound. Sometimes the only thing that will assure you that you're over it is when you actually move on and realize that you can be interested in someone else. Well, somewhat anyway.

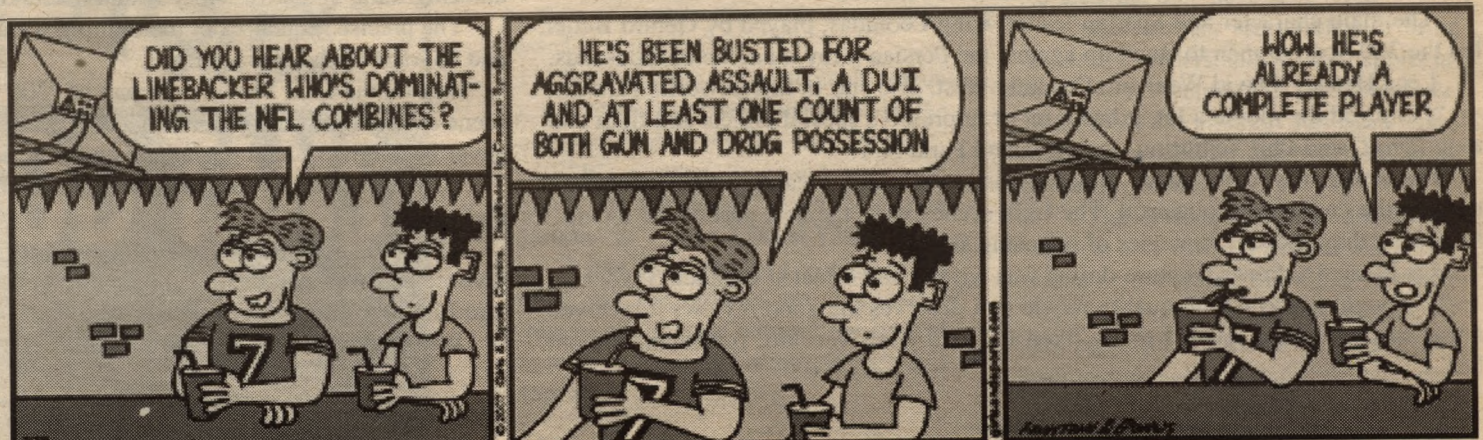
Picture of the Week



The Spectrum/ Kate Brindisi

The scenic Fairfield train station is not only a place for travel but it aesthetically appealing to make those long waits for the next train more bearable.

Girls & Sports



—Arts & Entertainment—

2007 SHU Idol Winner: Amanda Donaldson

Shelley Thomas
Staff Reporter

The Edgerton Center for the Performing Arts was decorated with balloons, as the judges sat in their spots and fans took their seats waiting with anticipation for SHU Idol 2007 to start.

The third and final round of SHU Idol was held on Thursday, March 15 at 10:25 p.m. The host, Mark Pittman, made an appearance on stage and introduced the judges: Allison O'Leary, Professor John Michniewicz and Professor Steven Michels.

Pittman announced the four final contestants: Sophia Cruz, Amanda Donaldson, Ian Straughter and Nina Vecchio.

The first round started off with Cruz taking the judges breath away with the 1986 hit song "Take My Breath Away," while Donaldson impressed the judges when she sang "Where Do Broken Hearts Go."

Straughter got the crowd involved when he sang "Superstar" by Luther Vandross a cappella and Vecchio made the judges hungry for more when she sang "Hungry Eyes" by Eric Carmen.

During the second round, the contestants sang songs that were important to them.

Cruz was caught off guard when there were technical difficulties with her song so she decided to sing "Woman's Worth" by Alicia Keys a cappella. The judges were impressed with her attitude and thought she did an excellent job.

Donaldson blew the judges away

when she sang one of her favorite songs, "Angels" by Jessica Simpson. O'Leary was especially impressed and told Donaldson that she should try out for the real "American Idol."

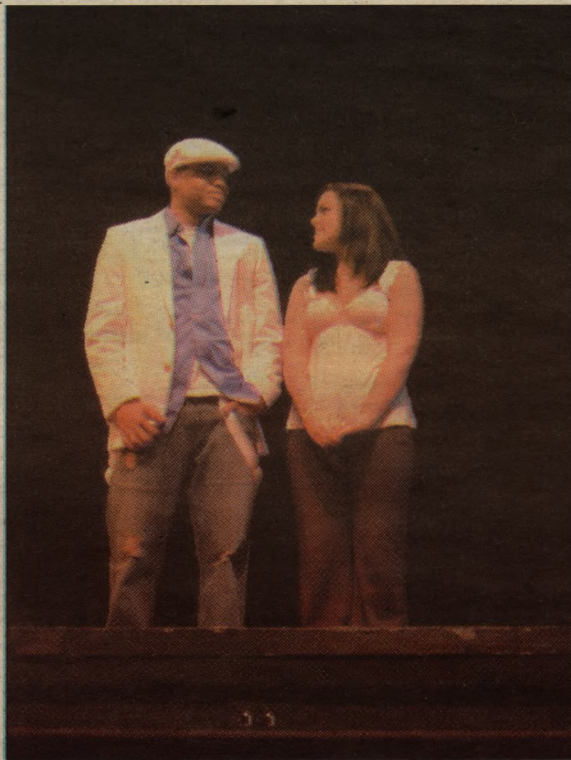
Straughter revealed to the crowd his romantic side when he sang, "I Wanna Know" by Joe. He sat down on the edge of the stage when he sang, creating a more personal connection with the audience.

Last but not least, Vecchio sang, "I Turn To You" by Christina Aguilera. The judges thought she hit every note perfectly and really enjoyed her performance.

When the second round ended, all four contestants came on stage as the audience voted for whom they felt deserved to be this year's SHU Idol.

As the votes were being counted, SHU Force Dance Ensemble performed.

The performance ended, the votes were calculated and the four final contestants stepped on stage one last time. Pittman told Cruz and Vecchio to step forward and announced that they were not part of the top two.



The Spectrum/ Susan Patton

Runner up Ian Straughter and winner Amanda Donaldson anxiously await the results of the voting.

"They were all winners," said Prof. Steven Michels. "There is a lot of talent on campus and all of the contestants really poured their hearts out."

But there could only be one winner. With the top two, Donaldson and Straughter, standing next to each other on stage, Pittman finally announced the winner of SHU Idol: Amanda Donaldson.

"I really thought I lost," said Amanda Donaldson, freshman, Westchester, N.Y. "I have been doing musical theater since I was three. I really look up to my older

sister who is a singer, but even though I don't want to make singing my career like her, I still have a love for music."

"I thought she gave a really good performance," said Luke Gagliardi, sophomore, North Branford. "I absolutely, whole heartedly agree with Amanda winning."

She may not plan on becoming a famous singer, but Amanda Donaldson certainly managed to make quite a following and left her mark on SHU Idol history.

Movie Review: Action film 300 tops box office



AP Photo/ Warner Bros. Pictures, file

Zack Snyder captures the tale of a heroic Spartan

Lisa Brown
Staff Reporter

Hit action film "300," released March 9 holds the number one spot in the box office while making upwards of \$1 million.

The main character and Spartan leader, King Leonidas, played by Gerard Butler, led the 300 Spartan men to stand up against the Persian army made up of thousands.

Lena Headey, David Wenham, Dominic West, also star in this powerful film.

"I enjoyed the movie a lot, it had a lot of impressive special effects and fight choreography," said Phil Venturino, senior, Island Park, N.Y.

"The acting was really good. It had realistic costumes, weapons and characters. I thought the ending was powerful. The fight scenes were the best part of the movie. I liked how they showed strategies of opposing sides."

This R-rated action-adventure-drama was written and directed by Zack Snyder.

"I thought it was a high quality movie that deserves the good reviews it received, I was surprised how much I really liked it," said Nina Vecchio, freshman, Elmont, N.Y.

"The best part was when the Spartans killed the Persian army's monster, even though it was very gory. I also liked how the strategy involved in the war scenes. The ending was really sad, but still really good and appropriate to the movie. The most amazing thing about this story is that it actually happened," said Vecchio.

The precise sequences of the fighting scenes were effective in showing the passion and courage of the characters.

"Best movie ever. My favorite part of "300" is when they first line up for battle, the scene is very motivating to see that 300 warriors will stand against an entire army and never back down," said Nicholas Lambusta, senior, Yonkers, N.Y.

The outstanding directing and special effects throughout the film made it more realistic.

"I loved "300," it was amazing and very well directed, and it was accurate. My favorite part was when one of the Spartans leaped and cut off one of the Persians arm," said Matthew Tarro, junior, Pawtucket, R.I.

Weeks after its release, "300" continues to make big bucks in the box office.

CELEBRITY

Cristin Colucci
Staff Reporter

REPORT: Mark Wahlberg

On March 15, fellow classmates got a real taste of fame, and found the real meaning fortune, as they attended the Boston premier of Mark Wahlberg's new movie "Shooter."

The \$500 per-ticket event was held in honor, not only of the new movie's release, but of The Mark Wahlberg Youth Foundation as well.

The Mark Wahlberg Youth Foundation was founded about six years ago and has since made almost \$1,000,000 which it donates to several different youth organizations.

"I love Marky Mark, but who doesn't? I think it's great that he is doing such good things with all his fame, it's a great cause," said Courtney Stalter, junior, Vernon, N.J. "It's funny because he grew up [in Boston] and even though so much was going on, he recognized this kid that he had gone to school with and invited him to the VIP room at the club."

Even though the prices of movie tickets have been increasing over the years, \$500 is definitely a lot to pay to go to a movie. Even so, paying that money to see the premier of "Shooter" was going to a cause that went towards those in need.

"I think it's great that Mark Wahlberg is still down to earth

and has private premieres in his hometown. I also think it's great that he uses the money for charity," said Leah Fuhlbrugge, junior, Riverhead, N.Y. "It was definitely worth the \$500, this included a private screening of the movie and an after party at the high-end club Felt in Boston."

Wahlberg is among many celebrities that has used his fame to help the lives of others. The idea that celebrities such as Wahlberg are reaching out to the community shows that even if someone is not able to start their own foundation, they can very easily contribute to one.

"I actually did not go to the event, but I think it would have been really nice to donate that much money to such a good cause," said Brittany Ross, junior, Bronx, N.Y. "I have always been a fan of Mark Wahlberg and the fact that he is doing this just shows that he didn't let fame get to his head."

Wahlberg has combined a common event, a movie premier, with a very worthy cause enabling anybody who wants to donate money to do so, while also giving everyone an excuse to have a sensational night out on the town.

Pioneer Pep band is losing their 'pep' for SHU

Cintrece Brown
Staff Reporter

Over the past few weeks various sports teams have been competing in end of season championships.

SHU's men and women's basketball teams made it into the NCAA tournament.

Unfortunately the men lost their seat to Central Connecticut State University and the women got knocked out in the first round.

But there are more than trainers, coaches and cheerleaders who follow these teams on their long road trips.

The Sacred Heart Pep Band is a force

that many people do not realize are present, but the games atmosphere is not the same with out them.

For both home and away games, members of the Pep Band play the traditional spirit lifting music that players and fans come to know and love.

"I really think that it's the coaches and the athletic department who want us at the games," said Christopher Auito, Port Jefferson, NY.

"In the beginning of the season everyone really comes in with a lot of energy and the

players seem to get that extra boost from the fans when we play good music," said Auito.

"But by the end of the season, after all the long road trips, that spark is gone and everyone is all pepped out," said Auito.

Long bus rides and ungrateful fans can bring the best athlete down, especially after losing a well-played game.

Members of the band also feel these sentiments.

Walking around with the stigma of those who did not have the "stuff" in order to make the team can be disheartening.

"I think the Central fans were the worst after the boys basketball team lost," said Catherine Marino, junior, Westbrook, N.Y.

"They yelled in our faces, they pointed and laughed. I think that was the worst experience we as a team and a band have ever had," said Marino.

But how does the pep band bring joy and light to a dim outlook when the band has no pep?

The directors of the band, Charles Bennedum and Keith Johnson, were unavailable for comment after this weekend's journey to Rochester, N.Y. with the men's hockey team.

The Pioneer Pep Band is comprised of about forty men and women, all Sacred Heart students, most of which participate in the university's marching band as well.

From November through March, these members have a large commitment to their musical duties.

On average the band performs at about twenty games throughout the season.

In addition they also travel to any and all tournament games.

"I know that it is our responsibility to be there to support the teams during their seasons," said Martone.

"It's just like during football season except there are fewer members in the band, and we play inside," said Martone.

"It's a great time and we're all friends in the band," said Michaela Martone, junior, Locust Valley, NY.

"I just wish that we got as much credit and the athletes do; because a game is not a game without the typical game day music and atmosphere," said Martone.

Holocaust Victim's Artwork Uncovered

Christopher Forsyth
Staff Reporter/
Associated Press

"Holocaust Music" by Ariel David, revealed that there has been a recent discovery of musical works, operas and other artistic pieces that were created during the time of the Holocaust.

There were many individual findings of articles containing musical pieces and other types of classical art written between the dates of 1933 to 1945. Articles such as toilet paper and diaries were among the items that were discovered where they found notes of works in the making.

"I can't believe that music was actually composed in those camps," said Diana Pellegrino, sophomore, Valley Stream, N.Y. "I would have never thought those people even had the time for that."

According to the Associated Press, Francesco Lotoro will be the man responsible for gathering and displaying these historic works for the public. Lotoro has been busy for years researching the individuals behind each piece. He will soon release a collection of compact discs containing the works of all those who perished during the Holocaust era.

Lotoro has been working diligently since 1991 to bring these holocaust victims' music and their plight to light. He has since realized that these musical finds were more than he ever expected.

The majority of the works he has discovered are from the concentration camp Theresienstadt in the Czech Republic. This camp is known for being the location where many European artists were sent to.

The article highlighted that among the works discovered, one individual's stood out the most and that was the works of Rudolf Karel. Karel was a prisoner who wrote most of his ideas down on toilet paper. He composed an entire opera on toilet paper.

"I think it's crazy that they someone could put together an opera on toilet paper," said Doug Busche, sophomore, Ringwood, N.J.

In addition to the discovery of Karel's works, Lotoro had also uncovered an unfinished opera written by Berto Boccasi, and some music composed by imprisoned German soldiers at the time.

Because of researchers like Lotoro, Rome will be opening a museum in September, which will be focusing on the early works of these imprisoned artists. The museum will contain artifacts of importance from the deceased including the items such as the toilet paper of Karel, letters and sketches.

"The opening of that museum sounds interesting," said Elise Valerio, junior, Wellesley, MA. "I would definitely like to see what they have uncovered."

Researchers are looking to bring a clearer understanding and appreciation of the talents of these individuals. Additional information has been compiled in a research database also to be located in Rome.

The museum will also display the musical and artistic works of other individuals from around the world who have been victims of war camps as well. As the powerful words of these men and women are heard perhaps we can come to know a greater freedom.

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Features

Senate's Pioneer Pull fundraises for five year old boy

Jennifer Spinelli
Staff Reporter

Trevor Palmer is a 5 year-old boy who has Aplastic anemia. Sacred Heart University's Student Senate is sponsoring a tug-of-war to raise money for him.

According to the Aplastic Anemia Answer Book, aplastic anemia is a rare and dangerous disorder that comes from an unexplained failure of bone marrow to produce blood cells.

It can happen from damage to stem cells or because of the environment.

"The money will go to help him and his family. When he was admitted into the hospital about a year ago, his mother had to quit her job to be with him, and his father is working day in and day out to cover the medical bills," said Colleen Carney, senior, Yorktown N.Y.

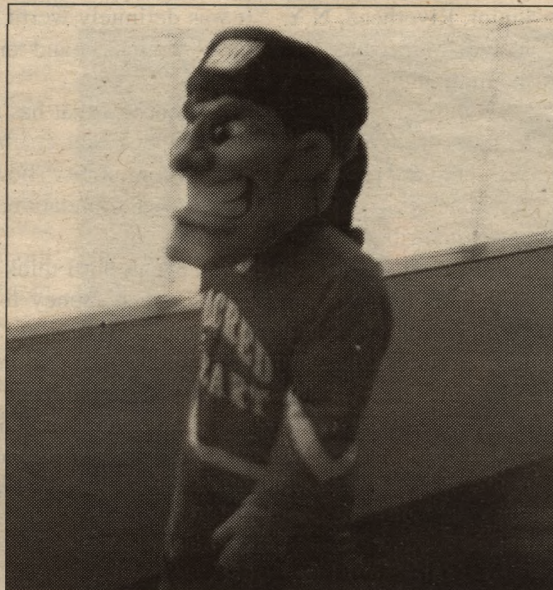
"This money will enable the family to hopefully rest a little easy and to help with the payment of finding a bone marrow donor," said Carney.

The tug-of-war will take place on March 25 at 4:30pm in the Pitt Center.

The cost to enter is \$18 a team made up of six people.

"We do not have an exact count [of how many teams have signed up] but we are hoping that more people sign up this week, and we are hoping to get a lot of teams, and many people who aren't able to put a team together are making donations, which is truly helping," said Carney.

"A member of Senate will be sitting outside the faculty lounge everyday this week from 11-2pm. If



The Spectrum/ Kate Brindisi

Battle against Big Red for the cause.

you cannot make it to the registration table, then stop in the Student Government office, downstairs in Hawley Lounge, and grab one of the registrations brochures," said Vanessa Potts, freshman, Warwick R.I.

"There is a way to donate, which is come to the pull, also if you wanted to stop by the student government office," said Carney.

"If you wanted to sign up for the event, just email sandersj@sacredheart.edu and you can simply get involved," said Carney.

"We do not have any exact plans for the money;

we just want to help out his family and also his treatment costs," said Potts.

"He is just a five year-old boy, so the thought of getting new things to play with is something we thought about," said Potts.

"We want Trevor to try and grow up to be just like any other young boy. Its tough for him to go through the same things an average 5 year-old would go through," said Potts

"We came across him [Trevor] through a friend of our advisor," said Carney.

"It was interesting, he kind of just fell into our laps. Especially once we read his story, we couldn't not help," said Carney.

"We are hoping to raise about \$1,500 for Trevor, not only on the Pull but through several events around campus," said Carney

"We just do not want to limit ourselves, whatever money we can raise will really benefit Trevor's health," said Potts.

Prizes will be awarded to both the winning team and the team with the best costume.

According to Carney, the Prizes as of right now are a big secret but they will be well worth it.

If you would like to find out more about Trevor's condition or how he is doing go to www.carepages.com and then search for Trevor Palmer.

"This is a great cause and we really want as many students as possible to come out and participate. We want to bring a smile to Trevor's face, and we hope that our efforts will do just that," said Potts.

Graduating seniors: exit interviews approach

Taylor Higgins
Staff Reporter

Upon graduating in May, students must conduct an Exit Interview if they borrowed a loan through the Stafford Loan Program while attending Sacred Heart University.

"Full-time students must see Dean Michael Bozzone to conduct an Exit Interview and complete the required forms. In addition, full time students with financial aid must have an Exit Interview with a financial aid counselor," said www.sacredheart.edu.

"Part time students withdrawing from the University must submit a completed withdrawal form with proper signatures. Official withdrawal is necessary to assure the proper entry of grades on the transcript and the determination of any refund, if applicable," said www.sacredheart.edu.

"I had no idea that I had to conduct an Exit Interview upon graduating," said Kyle Montville, senior, Manorville, N.Y.

"I am just glad I heard about it in time so I didn't miss the sessions at the end of March," said Montville.

During the Exit Interview, you will be informed of your rights and responsibilities under the Federal loan program.

The interview is about forty minutes long and is very informative.

There are three sessions that the Exit Interviews will be held, and you must attend one of the three.

The sessions are being held on: Wednesday, March 21, 2007 at 5 P.M., Thursday, March 29, 2007 at 9 A.M., and Friday March 30, 2007 at 2 P.M.

Each session will be held in the Pitt Center Board Room.

If you are not able to attend any of the sessions listed above you can complete the interview ON-LINE at www.mapping-your-future.org.

Once on the website, follow the icons for Exit Counseling.

"When I first got the email, I was sort of nervous because it said it was required by Federal Law to complete the interview," said Rory Colford, senior, West Long Branch, N.J.

"I didn't know what it entailed and I was hesitant to book my appointment right away for it because I am not 100% sure of what I am doing after graduation and I wasn't sure if they were going to ask me questions about that," said Colford.

"I actually emailed them and wondered if I stay at SHU for grad school if I needed to still have one. They wrote me back and said that I still needed to do one, but I won't be as nervous if I do it online," said Colford.

"I remember they mentioned it once or twice during our freshman year but I have no idea what it actually is," said Lauren Skutzka, senior, Dobbs Ferry, N.Y.

"I don't really see why we need to be interviewed," said Skutzka.

"I don't get why they don't just send us the information packet once we graduate, I'm pretty sure the government knows that we aren't in school anymore," said Skutzka.



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March is the month for 'madness'

Joe Di Guglielmo
Staff Reporter

NCAA's March Madness is back again and Sacred Heart is teaming up with basketball fans in celebration as friendly betting continues towards the final game.

Being the crazy month that it is, March often signifies the transition between ending those cold winter blues and a time to finally start slipping into warmer weather.

For students this action-packed month includes the completion of midterms right before a much needed spring break.

This is then followed by the ever-popular St. Patty's day celebration that sits right between our annual spring concert.

On top of all this, this month includes the NCAA's annual March Madness tournament to give frenzied basketball fans on campus an extra excuse to kick back, party and spend time with friends.

"We're inviting people to come watch the games in Hawley Lounge if they want to. Those who stop by will be able to shoot some hoops in the small basketball game net that was given to us by Coke, who is a big sponsor for the NCAA," said Ray Mencio, Graduate Assistant, Student Life.

"We are also going to do some small raffle prizes and play a few trivia games to help give away some Coke-themed Final Four t-shirts, hats and other small prizes," said Mencio.

Even though Sacred Heart is not actually participating in March Madness, plenty of students are going to be watching and cheering on their favorite teams.

"I love this time of year. It's so fun when everyone gets a pool going and



Photo Illustration/ Elyse Harrell

Student looks over March Madness brackets.

things start getting competitive," said Arnie Craven, junior, Suffield.

"In the past I have always skipped out on classes to watch the games because I usually get so into it that I don't want to miss out. But this year I have the luxury of actually watching the games streamed on-demand for free from SportsLine.com," said Craven.

"My four favorite teams are Florida, Georgetown, Ohio State and UCLA and I'm betting that Georgetown is going to win it all," said Craven.

March Madness usually also calls for another excuse for those living off campus to put together parties and get together with friends.

"I don't think I'll be watching the games on campus that much. I plan on watching whenever I get a chance, maybe if I'm in FLIK I'll watch for a bit on the TV there. When it comes down to the final four, then I'll get together with some friends and some cold beers and see what happens with

the pools we have going in our frat," said Bobby Brown, junior, Wallingford.

"I like March Madness because I'm a pretty competitive guy, having played sports my whole life. I also like that I can go on FaceBook and make a bracket and compete against some friends and see who comes out on top," said Brown.

"I think SHU should add even bigger events for March Madness in the future. It seems to be something that almost everyone likes to be involved with and if there were more things to do on campus, more people could get together and celebrate with each other and have a good time," said Brown.

Those wishing to be a part of this years celebration can come down to the Outpost on the day of the final game and join in on the fun and madness.

There will be food and drinks readily available and alcohol served to those of age and plenty of time to be social to meet new people or just hang out with a bunch of buddies.

Prizes are going to be raffled off during the Outpost game.

The two biggest prizes being a TV and a PlayStation III, will be given away to the lucky winners who make it to the game.

"March Madness is just all good clean fun. I know I'll have a great time with my friends because we'll be getting into it and seeing what happens with our pools. We can get pretty intense and it always turns out to be a fun time," said Brown.

Ciao, from Italy



Jenna Rignanese
Spectrum Columnist

Breathing in the warm air, I choose to take the walk to school instead of the bus.

The birds are chirping, the flowers are blooming and a invigorating breeze takes my breath away.

The park on the hill is looking brighter than usual.

I can hear the trickling fountains, and the sound of the wind.

There is no one in sight except a few dog walkers off in the distance.

Strolling down the vine-covered path I stop at an opening through the tangled tree branches.

Looking out, I can see the entire city and its sunny glory.

It is springtime here in Rome.

The piazzas are filled with eccentric artists and musicians.

The open-air restaurants are in working order, and their owners stand at their fronts beckoning customers to visit their restaurant.

The American student's break out their flip flops and their skirts, while the Italians are still dressed in their trench coats.

Culturally, they seem to be colder.

In the past weeks, we have traveled to Belgium for the chocolate, and Florence for its beauty, however nothing beats Rome.

There is something in the air here. Something enchanting, and preserved about the city, that makes me always wanting more.

My Roman holiday is half way through.

Marking the midpoint I had visitors from America, which now seems like such a far away land.

My boyfriend came to see me and with him he brought good weather and a bit of home.

Experiencing this place with romance in mind makes it all the more magical and refreshing.

Trying new food, experiencing new places, and meeting new people is what has made the trip worthwhile.

I have found it is important to stay connected to the people in your real life.

Although this is an amazing experience, it will be gone with the wind before you know it.

Spring break is this week, and my friends and I will be traveling down the coast of colorful Spain.

Stay tuned for more next week!

Mandatory laptop inventory check

Aylssa Larsen
Staff Reporter

The mandatory laptop inventory check began last Thursday, March 15th continuing through March 31st. This year's inventory check will be conducted online taking less than five minutes to complete.

The inventory check must be completed on the Sacred Heart issued laptop while being on campus. The website is <http://it.sacredheart.edu/laptopcheck/>.

"The laptop inventory check is the annual inventory of all of the mobile assets," said Leslie Roggen, Mobile Computing Services Manager.

"The laptop inventory check is required by the leasing company. We have to account yearly for the laptops on the various leases," said Roggen.

This year, the mandatory inventory laptop check has been changed from a paper format in previous years given in SC07 including a laptop scan to an online procedure.

"We went to an online check to make it easy and painless for everyone," said Roggen.

"The laptop inventory check is required by the leasing company. We have to account yearly for the laptops on the various leases," said Roggen.

According to the Mobile Computing Services if you get an error message about the wrong version of Microsoft .net framework when trying to complete the laptop inventory check go to the link below which will take you to the Microsoft .net framework 2.0 webpage (<http://www.microsoft.com/downloads/details.aspx?FamilyID=0856eac4-4362-4b0d-8edd-aab15c5e04f5&displaylang=en>).

The whole process takes approximately six minutes. After this .net is installed, Mobile Computing Services says it is ready to run the inventory check again.

If a message is received that the inventory check can not be completed online, go to SC 07 (basement level) to see Jimi Dennis or Jen Momplaisir for additional help.

The inventory check page and the Microsoft page must be completely closed so the .net can be installed.

For all rising juniors who will be full-time undergraduate students in the fall, the Monday of Labor Day weekend is when the refresh process will be held.

Within the inventory check the students that hold the Lenovo T43 laptops is

a link to upload information over the summer so when the new laptop is received, the students can download the information to the new laptop.

"There is limited space on our network so we suggest that students back up music, pictures and any large files by burning CDs or DVDs," said Roggen.

"Once the laptop is turned in it can not be retrieved for information that was not saved."

"We haven't checked to see what the true usage is. I am sure however, that the percentage of students using the SHU issued laptop is very great," said Roggen.

According to Sacred Heart's policies and procedures, the laptop must be returned immediately if you withdraw from Sacred Heart University.

By May 8, 2007 the laptop must be returned if at that time you are not registered for the fall 2007 semester. If you plan to register after May 8th, the mobile computing program will be glad to hold the laptop for you until the time you register.

The inventory check must be completed by March 31st in order for students to be able to register for summer or fall 2007 classes.

Sports

Weekend Scoreboard

Friday, March 16

Men's Ice Hockey

Air Force - 5
SHU - 4

Saturday, March 17

Men's Volleyball

SHU - 0
Harvard - 3

Women's Tennis

SHU - 2
NJIT - 5

Sunday, March 18

Wrestling

*Payam Zarrinpour
clinches No. 7 spot
in the NCAA
heavyweight weight
class.*

Tuesday March 20

Men's Lacrosse

SHU - 4
UMASS - 11

All other games were postponed due to inclement weather.

DUGOUT REPORT



Jay Monti will look to lead the Pioneers to another NEC title, much like he did last year.

Contributing Photo

Monti making a pitch to MLB scouts

Alyssa Iannotti
Staff Reporter

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Jason Monti, has played a big part in Sacred Heart University's baseball team.

The senior pitcher from Marlboro, N.Y. threw a shutout to lead Sacred Heart to a 3-0 win over Notre Dame in the Clearwater Invitational at Jack Russell Stadium in Clearwater, Fla. Monti struck out four and walked none as he improved his record to 2-1 on the year. Notre Dame managed to get just two hits.

Monti, started playing baseball at the age of 5 in tee-ball; he is currently in his fourth season and a starting pitcher for the Pioneers here at Sacred Heart.

"I decided to come to Sacred Heart because one of my friends that I played summer baseball with Tony Diaz was a freshman and I enjoyed the atmosphere that SHU had to offer," said Monti.

Jason is not the only person to play

baseball in the Monti family. Jason's brother played two years at SUNY New Paltz College. Also, Jason's father played high school baseball.

"Baseball has always been my favorite sport though I played basketball and football and was better at baseball," said Monti. "My whole family loves baseball and it grew on me as well."

Besides playing for Sacred Heart University, Monti has played on two other teams. During his sophomore year of college, he played summer baseball in the North Woods League in Iowa called The Waterloo Bucks. Monti also played in the ACBL for the Holyoke Giants where he received the award of Pitcher of The Year.

"Two kids that got drafted out of my high school in 1995 and 1996 and both have made it to the show for a couple of years," said

Monti. "So they have influenced me that they came from a small town and could still make it to the pros."

It is every boy's dream when he is younger to make it to the major leagues, but unlike many, Monti is making it happen.

"It has always been a dream of mine to play professional baseball," said Monti. "Walking into a big league stadium and playing in front of thousands." Currently Monti has about 10 to 15 major league teams looking to draft him in June.

"My grandfather was one of my biggest fans before he passed away. My parents are as well," said Monti. "They would travel to every game I played in no matter how far including a surprise visit to Iowa unexpectedly."

Questioning the AHA

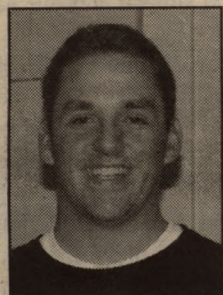
Sacred Heart men's ice hockey has been one of the most consistently successful programs in the Atlantic Hockey Association.

The Pioneers have rolled through the regular season finishing well enough to have home ice advantage for the past four seasons.

And for the fourth season in a row, SHU hockey bowed out.

The Pioneers simply can not seem to get over the hump and get into the field of 16. Holy Cross managed to escape the Atlantic Hockey Tournament a year ago, and reach the second round of the tournament.

SHU was upset in the first round a season ago versus UCONN.



Pat Pickens

Spectrum Columnist

The Pioneers have gotten close, they reached the AHA final in 2004 and 2005. They made it to the semis this season before losing to Air Force in heartbreaking fashion 5-4 on Friday night.

The loss is especially hard for the Pioneers this season. This year had the feel of a championship season. Between the well-played game against No. 7 Michigan St., a loss where that SHU was outlasted 7-5. The Pioneers swept through Mercyhurst, including a comeback performance for the ages, where SHU turned around a 4-0 late third period deficit into a 5-4 overtime win.

SHU also had two of the top 59 finalists for the Hobey Baker Award, hockey's version of the Heisman award. The Pioneers also had Jason Smith, the draft pick from the New Jersey Devils. Smith, the career overall wins leader, and also holds the record for goals against average in a season, is one of the most celebrated and decorated athletes in Sacred Heart history.

But the loss this year, and the losses over the years are both SHU's fault, and a leak in the system.

Smith was less than even 50 percent in Saturday's loss to Air Force. The goalie who was suffering from the flu, missed practice a week ago and in any other circumstance likely wouldn't have played.

The Pioneers also suffer from the Atlantic Hockey Association.

The AHA is the only league in major Division I hockey that does not have its conference tournament in a series. This is especially important in hockey where anything can happen in one game.

In a game where a goalie can get hot and where one shot can potentially turn an underdog performance into an upset, to have a conference tournament rely solely on one game is absurd.

It is a wonder that worse teams do not make it into the top 16. All a single elimination tournament in hockey does is make the regular season veritally meaningless and make the league look bad when less than superior teams make the round of 16.

Granted going to the round of 16 is not inevitable in any sport, upsets happen everywhere. But for SHU to get knocked out, when a sixth seeded Bentley made the finals, and where the fourth seeded team, Air Force, from the conference can get win the tournament in consecutive years, is abysmal.

Until either SHU changes conferences, the AHA wakes up, or the Pioneers find a way to play perfectly three games in a row, it is sad to say that things may not change anytime soon.

Seniors will be sorely missed

Jay Gagliardi
Staff Reporter

Sitting in the post game press conference after the Pioneers four point loss in the NEC championship, I was already thinking about what to write for my first column.

As coach Dave Bike came and sat down next to his only two seniors, Jarrid Frye and Tavio Hobson, the true meaning of "A picture paints a thousand words" finally made sense to me.

No more than three words into his opening statement, Coach Bike put his arms around his two players, lowered his head and began to cry. It was then I realized I would pay tribute to the two leaders of this year's team.

The Sacred Heart men's basketball team had its most successful season to date, accomplishing a number of firsts and laying down a solid foundation for the future of Pioneer basketball.

This was largely in part to the play of these two seniors and their dedication to the sport they grew up playing. Whether it was another steal by Hobson or a patented crossover drive to the hoop by Frye, the effort from these two was never in doubt when they took the court.

Despite having opposite playing styles the two managed to create their own distinct connection on the floor and at times were virtually unstoppable. It seemed as if they fed off one another.

Frye is a native of Queens, N.Y. native that was an all conference selection his junior and senior year.

It didn't take long for Frye to make the transition from high school basketball to men's Division I basketball. Frye showed his ability in putting the ball in hoop his freshman year, setting a then career high with 16 points against a good Harvard team.

Frye ended his career at Sacred Heart as a 1,000 point scorer and was an intricate part in the team's success.

Hobson made a longer trip to SHU, however. The Seattle native decided to try his luck as a walk on for then Big East powerhouse Boston College.

It's no surprise that Hobson's work ethic and love for the game got him a spot under future Hall of Fame coach Al Skinner.

After a season for B.C., Hobson decided to stay in the northeast and found himself being an key player under coach Dave Bike. Hobson brought a spark to the Pioneers offense and defense. He finished the season second in assists, also finishing the season with 87 in conference play.

Needless to say, Hobson and Frye were responsible for the Pioneers first winning season in Division I history, its highest NEC tournament seed in school history, its first home tournament game, its first six game winning streak, and its first ever 13 win, NEC season and a Division I record 18 overall wins.

As Bike said in his press conference, these two seniors will be sorely missed.

From a personal standpoint, it was a pleasure watching these two play their final season.

Zarrinpour places No. 7 in NCAA's

Gabrielle Castellana
Staff Reporter

Payam Zarrinpour, senior, Shiraz, Iran, set a new record for Sacred Heart in the NCAA wrestling championships this past weekend. He finished a hard-earned seventh place.

There were five rounds in the tournament. The first round and second round began on Thursday, March 15. The quarterfinals and semifinals were held on Friday, and the final round was on Saturday. Zarrinpour made it to the final round.

"Payam is the type of guy that wants to win at everything that he does," said Kevin Fox, RS junior, Kendall Park, N.J.

The match that won him seventh place truly showed Zarrinpour's skills with a score of 11-8. He wrestled Michael Spaid of Bloomsburg University for this position and Zarrinpour

dominated in the end. Early into this match Zarrinpour was thrown on his back but he found a way to defeat Spaid.

This was Zarrinpour's final match of his wrestling career at Sacred Heart. He has an extremely notable record of 127-32.

"I was happy with the way I wrestled in the tournament but I still think I could have done better," said Zarrinpour.

Finishing in the top eight in his weight class, Zarrinpour is the Sacred Heart wrestling team's first All-American.

"Payam wrestled very well. Placing 7th at the NCAA championships, he is Sacred Heart's first All-American ever. We listened to every match he wrestled on the radio and the announcers said he looked like one of the best heavyweights there," said Tom Sullivan, junior,

Sauderstown, R.I.

If commentators saw the potential in Zarrinpour, then it can be said that he is one of the best wrestlers that Sacred Heart has had come through its doors.

"Recently Payam has been working really hard and he was very well prepared going into the tournament. He's also a beast," said Fox.

Zarrinpour had six matches and ended up with an excellent record of 4-2. His first bout set the tone for this championship. He quickly threw his competitor down and won with a score of 12-3 against Cody Parker of Cal Poly.

"I expected him to win the whole thing. At that level, all of the guys at that tournament are all so good. Anything can happen," said Fox.

The wrestling team as a

whole finished in 40th place; which is the best team finish so far in their history.

"Getting 40th doesn't sound great, but for our school and a pretty new program, that's good for us," said Paul Galipeau, freshman, Randolph, N.J. "We are hoping that it will be able to change some things around. The team worked hard this year, real hard, and I think the team is making a turn for the better."

"We're still a very young team. Right now we're just getting the foundation started. We have a lot of hard workers and I think it's going to show in a year or two," said Sherwood Fendryk, senior, Greene, N.Y.

If the trend continues and the team keeps on progressing, there is a bright prospect for future seasons to come.

"I think the season wasn't

a great season as far as our record shows but some of the guys really came out of their shell. Andrew Silber, being one of those guys, came out and just started doing very well. When it comes to Payam, he is amazing. It's such an honor to gain All-American status," said Fendryk.

Zarrinpour has made his team and his school proud. His participation and achievement has made for a great wrestling career. He is now on to bigger and better things but wrestling will stay with him.

"I am going to continue wrestling because it is my love. It has been great being with my teammates and working as a team," said Zarrinpour.

Sports

Men's Ice Hockey falls in semifinals to Air Force

Chris Armellino
Staff Reporter

The Pioneer hockey team fell to Air Force in the Atlantic Hockey semifinals, losing 5-4 to the Falcons.

Despite an intense offense after the first half of overtime by the Pioneers, the Sacred Heart's hockey team ended their season 8:04 into overtime. Junior Josh Print deflected a shot from Sophomore Greg Flynn which he sent past Pioneer goaltender Jason Smith, of St. Lambert, Quebec, to take the game for the Falcons.

"It was a lucky shot," said Eric Giosa, Northville, Mich.. "That's what happens in hockey, that's why we play, its just too bad we had to come up on the losing end."

Air Force tied the game with just 54 seconds left in the third. A frenzy for the puck in front of the Pioneer net ended with Billy Devoney firing a loose puck past Smith with just the 54 seconds left in the third, forcing overtime.

The third period marked an impressive comeback for Sacred Heart, with Paul Ferraro Pleasantville, N.Y. and Dave Jarman Toronto, each scoring a goal to overcome the Pioneers 3-1 deficit. With 4:06 left in the game, Eric Giosa, of Northville, Mich., sent the puck to Jarman, who fired it past Falcon goaltender Ben Worker to bring the game to a tie.

The Pioneers had a trying time for most of the first and second period, failing to overcome the Falcons' lead. The Falcons had an aggressive offense, scoring at 15:58 in the first period. Tight defense by Air Force ensured their lead for the remainder of the second period.

Despite the struggle in the first half of the game, the Pioneers came back on fire in the third. A shot by Giosa gave the Pioneers the lead with 7:50 into the third.

"It really hurts and it will for awhile," said Giosa. "Sooner or later it's going to happen. We are going to bring this school a championship."

This marks the third time the Pioneers faced off against Air Force this season, as well as their first loss to the Falcons. The Pioneers had struggles with the Falcons in this past season, end their previous two battles with a tie. The Pioneers close their season at 21-11-4.

Mets have bulletin board material

Brian Fitzsimmons
Sports Editor

Let's rewind to a cold October night at Shea Stadium that left Mets fans with a winter-long uneasy chill in their bones.

Oliver Perez threw the game of his life, Endy Chavez made the over-the-fence catch of his life, and fans enjoyed the highest rate of anticipation of their lives. All of that went out the window as the St. Louis Cardinals grinded out a Game Seven win to advance to the World Series.

Spring training has come and Philadelphia's shortstop Jimmy Rollins threw an uppercut at Willie Randolph's already mentally beaten up team by saying the Phillies are the one's to beat in the National League East division now.

As if the orange and blue didn't have enough emotional bulletin board material to glare at already.

New York's early spring workouts are under way with many questions looming pertaining to whether or not it is armed with enough ammo to shoot down the doubts, pain and 'what-if' questions that have carried over from a heartbreaking season.

Pedro Martinez is a spectator until at least July.

After Tom Glavine (41-years old) and Orlando "El Duque" Hernandez (supposedly 37-years old), the rest of the rotation won a combined 14 games in 2006. Omar Minaya, the Mets' GM, was too prudent to spend money on an impact starting pitcher.

The speculation goes on and on.

Luckily for the Mets, bulletin board material injects positive

thinking and overlooks the glaring weaknesses.

David Wright, Jose Reyes, Carlos Delgado and Carlos Beltran stare into the eyes of opposing pitchers who realize they are the most dangerous middle lineup in baseball.

An already potent bullpen improved even more this off-season.

Mike Pelfrey and Phillip Humber are two young arms that are on the threshold of breaking into the big leagues as future aces.

The positives go on and on as well. So where do the Mets stand?

Last season, they tied with the Yankees for baseball's best record at 97-65, which was nine games ahead of the second best tally in the NL. Simply put, they ran out of options and were forced to beg John Maine and Perez to carry the season on their fragile backs. The Cardinals had more. Case closed.

This time around, maybe St. Louis will experience the same hardships as the team the slipped by for a fall classic bid last season. Chris Carpenter, a 15-game winner, anchor will be on the Cy Young ballot once again, but following him is a group new to the rigors of starting 30-plus games. Brad Thompson, Adam Wainwright, Anthony Reyes, and Kip Wells equaled nine wins in 2006 and will need to endure a 162-game schedule.

All of a sudden, the Mets' deep cut seems to be nothing but a scrape.

The Chicago Cubs spent well over 300 million dollars this winter to avoid being a ring-less franchise

for a century, but it's usual woes have already begun. Yesterday, Kerry Wood slipped and fell while getting out of a hot tub and it's just a matter of time before Mark Prior strains his back while bending down to pick up the morning paper.

The Los Angeles Dodgers added Jason Schmidt to complement a very deep pitching staff, but will have a hard time scoring runs.

The common theme in the wide-open 2007 NL will be utilizing an overbearing strength to compensate for an overbearing weakness.

The blazing speed of Reyes, the tremendous upside of Wright, and the power surges of Beltran and Delgado are nice. But the Mets fall into the same category as everyone else.

Only the other 15 NL teams don't have the bulletin board material. Not like this bunch.

That sacred deliverer of 'playing with a chip on your shoulder' will give the Mets the ability to finish out a tight game. It will give them the ability to find a clutch hit when needed. It will give them the ability to close out a Game Seven.

That's what bulletin board material does and you can bet that Randolph has invested in thumbtacks.

Look for next week's MLB Preview featuring expert analysis from Brian Fitzsimmons, Steve Conoscenti, Pat Pickens and Mike Barrett.

Women's lacrosse hosts Long Island on Friday

Erin Howard
Staff Reporter

The women's lacrosse team will be hosting Long Island University on Friday. Coming off a three-game losing streak, the women are hoping to pull out a long overdue victory.

Despite Long Island's perfect record of 3-0, Sacred Heart remains hopeful.

Although the Pioneers haven't been victorious in a while, they hope that their extra practicing will pay off Friday.

SHU will need more than heart however, considering the record of their competitor. Long Island's Pioneers have been plowing through their competition. Coming from an island that produces great lacrosse players constantly, they are hailed as the #1 team in preseason ratings by lacrosse. Long Island is going to make sure it is hard for SHU.

Last Wednesday's game against Stony Brook, Sacred Heart fell short with a final score of 16-12. Senior Brianna Bubeck, and junior Liz Ottey scored a combined five goals.

They did not stand up to the barrage of Seawolves goals that would soon follow.

Sophomore Amanda Williams scored two goals for the Pioneers and truly excelled, being an aggressive attack and making great moves all across the field.

Goalie Chelsea Wagner had accumulated 13 saves while Stony Brooks, Jen Sandtorv, had just six. The Seawolves played a forceful offense game that put the Pioneers defense to the test. Stony Brook's women had the three penalties throughout the game that proved just how hard-hitting the game really was.

SHU had 13 turnovers through the game and also won six draws. Despite the fact that they were the first to score, they fell short of the game soon after. Within the first ten minutes of the second half, SBU dominated. Outscoring SHU 4-1, the Pioneers were scoreless with 20:43 left on the clock. This win left Stony Brook with a 4-1 season record.



Brianna Bubeck

File Photo

Who were the winter stars?

Every so often, a school is gifted with athletes that shine in the national spotlight of the college sports world. This past winter several of these athletes donned the red and white of Sacred Heart University. So as the snow and ice melt away with the start of Spring, here are some of those athletes who stood out among the rest.



Mike Barrett

Spectrum Columnist

When it comes to Sacred Heart wrestling, senior Payam Zarrinpour has been the face of the team. The 285lb heavyweight has endured a great career at Sacred Heart. He topped it off this past winter by earning All-American honors at the NCAA Division I National Championships. The four time national qualifier earned this honor for the first time with his seventh place finish.

On the ice, seniors Pierre-Luc O'Brien and Jason Smith were named First Team All-AHA for their stellar play this season. O'Brien and fellow teammate Bear Trapp were nominated for the prestigious Hobey Baker award, which is given to the top player in the country.

For the women, senior Michelle Panella joined O'Brien and Smith in the Frozen Four skills challenge to cap off one of the most complete careers in women's ice hockey history.

Both the men and women's basketball teams had huge accomplishments from several players this year. For the women, Amanda Pape closed out one of the most impressive careers in Sacred Heart history. Pape recorded her 2,000th point this past season and was awarded the Connecticut Sports Writers female athlete of the year. Also fellow captain and senior Jasmine Walker recorded her 1000th point and Kerri Burke broke the Sacred Heart assist record.

For the men, senior Jarrid Frye closed out a memorable Sacred Heart career by leading the men to their best ever division one finish, while being named First Team All-NEC. Frye also became just the fifth player in league history to surpass 1,000 points, 500 rebounds and 250 points over the course of a career. To go along with Frye's awards, freshman Chauncey Hardy was named to the NEC all rookie team.

Ending a season long of accomplishments on the track, junior Arman Dixon became the first Sacred Heart Track and Field athlete to garner all American honors. Dixon finished seventh overall in the 200m dash at the NCAA Indoor Track Championships.

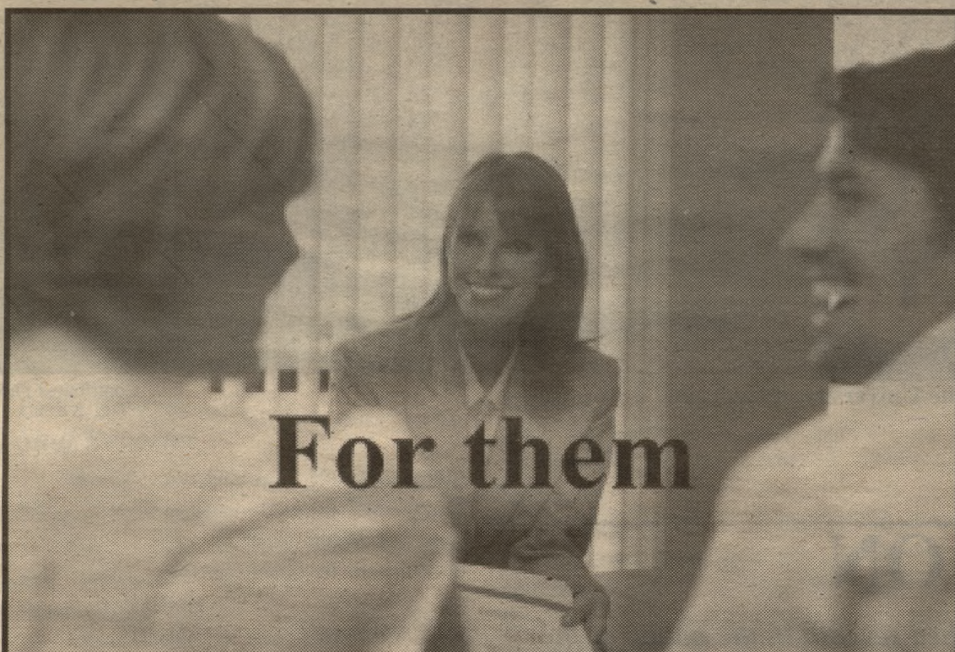
With a long season full of accomplishments now in the past, many of these athletes have ended their Sacred Heart careers as legends of their particular sport.

For the remaining others, one can only guess at the success they will have over the next few years.



The Spectrum/ Kate Brindisi

Jarrid Frye scored 1,000 points in his career.



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SPORTS

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ARMED AND DANGEROUS

Jay Monti delivers a pitch in the Regionals of the College World Series against the University of Georgia.

Contributed Photo



POURINGITON

Senior Payam Zarrinpour finished seventh in the nation at the NCAA tournament this past weekend, becoming the first wrestler in Sacred Heart history to finish in the top 10.

PAGE 13

FORCEDOUT

It took overtime to eliminate the Pioneers, but Air Force came through in the clutch in the Atlantic Hockey Semifinals at Blue Cross Arena last Friday.

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